

# *Why We Give through the CFC of the National Capital Area*

## A Message from Some of Your Key Workers

*This is my first time giving through the CFC, and I look forward to helping the homeless with food and clothing.*

*When I see someone looking in a trash can for food, my heart aches. It is especially painful to observe an older person in discomfort, scavenging for food this way. No one—in the wealthiest nation—should suffer this humiliation.*

*I encourage you to **follow your heart** when choosing where to give.*



**Krista Akins**  
**FNS, SNP**

*I contribute to CFC every year because I want to help people in need. That's part of who I am, and I try to give some of my time to local organizations that help the homeless.*

*Each one of us can't do it alone, but CFC gives us an opportunity to make a difference in a painless way. I have given to a variety of organizations that I trust to put my contribution to good use.*

*I also like that CFC is able to direct my donation to several organizations such as those that work on the national or international level and those that serve needs right in my own community.*



**Linda Jupin**  
**FNS, SNAP**

As a new federal employee, I gave to CFC for the first time. CFC opened up a new world of giving and charities. I want to make a difference globally, so I chose charities that focus on providing basic amenities such as potable water and education for girls. I also like the work that some charities do towards providing self-sufficiency and independence in women that would otherwise have no resources available to them.



***Usha Kalro***  
**FNS, OSIPO**

There is an often-quoted Spanish proverb, used to toast in celebrations, “Salud, amor y dinero,” which means health, love and money.

It is interesting to reflect on what other things lead to happiness. If you had to make a list of 10 things that lead to happiness, what would you include? Charity? Yes, charity.

Giving charitably is more a predictor of happiness than not giving, or even receiving.



***Maria Reigger***  
**FNS, CRD**

*My 30-year-old brother suffered a massive stroke, resulting in a need for brain surgery. All his needs and how we would cope created multiple stressors for my family.*

*A few days after he had been in the hospital and still unconscious, we were told of a fund that was set up by people just like you and me. Thanks to the CFC and the caring hospital staff, everything worked out. We could concentrate on his getting well. **The result: My brother is the walking miracle.***



**Betty Harvey**  
CNPP, NGAD



*I donate to CFC because of the effect it can have on a person's day, and because I know that my donation will serve a charitable purpose.*



***Miatta Cleveland***  
**FNS, Contracts**

As a Disabled Veteran, I think it is important to give back what I can and support those who supported me and my family.



***Margarita Ray***  
**FNS, SFPD**



I am especially concerned about children's health and readiness to learn, and nutrition plays such a vital role. It is important to support programs that provide food to those who might not otherwise have adequate access.

Another important issue to me is supporting the men and women in our military who fight for my freedom. My heart breaks when I see the sacrifice so many young people make for the United States, and often without much appreciation. Programs such as the Wounded Warrior provide needed services for those wounded.



***Jeannie Sneed***  
**FNS, OEMFS**

*People or animals: My heart goes out to the needy.*

*When I read stories about people who have come face-to-face with hatred, I feel I must help. The CFC has allowed me to do just that.*

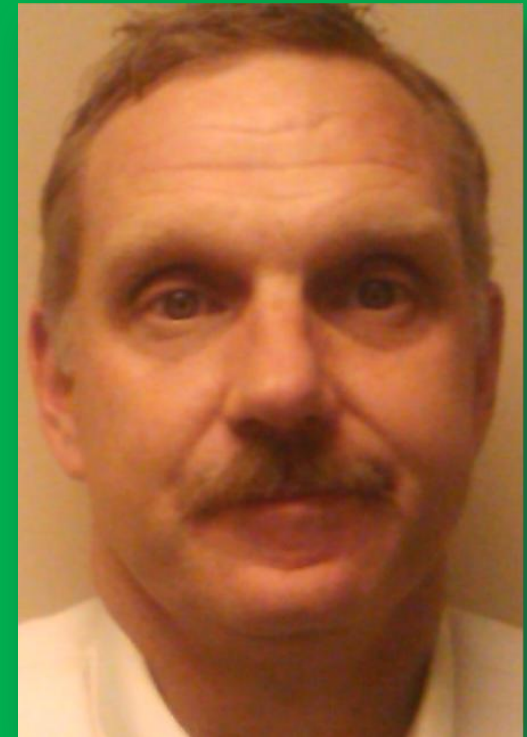
*And I am the proud owner of a dog that received care from an organization receiving CFC funds. I found my “Violet” at a shelter near the site of last year’s FNCS picnic.*



**Julia Dinkins**  
**CNPP**

CFC is a true extension of “public service.” The Combined Federal Campaign (CFC) is an easy way for federal employees to donate to their favorite charities. It's easy to donate because in most workplaces, a designated "key worker" will deliver a CFC catalog reference and pledge form right to you. **Now, that's special delivery.**

**This year, you can contribute by going online---[www.cfcnca.org](http://www.cfcnca.org).**



*Paul Carroll*  
FNS, FDD

To participate is easy, you can just flip through the catalog, enter your charity's number on the sheet, and designate how much money you'd like to donate to that charity each pay period.

The catalog gives a brief description of the charities and even specifies their overhead. That's great: You know how much of your dollar actually goes toward fulfilling their mission. **The catalog is also online.**

Since there are hundreds of charities to choose from, the CFC website, **[www.cfcnca.org](http://www.cfcnca.org)**, is useful.

*Paul Carroll*  
FNS, FDD

## Your 2009 CFC Representatives

*Akins, Krista*

*Barnhart, David*

*Bryant, Darlene*

*Benett, Jonathan*

*Bynum, Linda*

*Carroll, Paul*

*Chisholm, Gail*

*Cleveland, Miatta*

*Dinkins, Julia*

*Gross, Patty*

*Harvey, Betty*

*Jupin, Linda*

*Kalro, Usha*

*Reigger, Maria*

*McNeill, Tremain*

*Myers, Troy*

*Opara, Felix*

*Powell, Renee*

*Ray, Margarita*

*Sneed, Jeannie*

*Wilkinson, Tiffany*

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